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long as these continue it should not go to school or mingle with other children. No child suffering with a cold, sore throat, or cough should ever be neglected. Sore throats are often mild forms of diphtheria.

The spread of this disease can be prevented in families, schools, and communities by prompt action. Complete separation of the sick from the well should be insisted upon at once. When the disease becomes widespread, it is best to close the schools, but this will not become necessary if prompt and efficient measures are taken with the first case. Every case of suspected diphtheria should be at once reported to the health officer. No cup, knife, or fork used by a child sick of diphtheria should be used by any other person until it has been placed in scalding water. Persons inserting notices of deaths resulting from this disease in newspapers should announce "of diphtheria" in order that all who have children may be warned to remain away from the house. No public funeral should ever be held in a case of death from diphtheria. The sick room and its contents should be thoroughly disinfected after death or recovery, and such articles as can not be disinfected should be burned.

BENJ'N LEE, M. D.,
Secretary.

GEORGE G. GROFF, M. D., *President.*

Precautions against sunstroke.

CAUSES.

This dangerous illness is caused by excessive heat of the blood (from 100° to 110° F.), which produces great depression of the nervous system. It occurs during the hot season of the year, and usually to those exposed to the hot sun, but it sometimes occurs at night, and also to those exposed to great heat, in glassworks, laundries, furnaces, bakeries, iron foundries, and the engine rooms of steamships. It is largely confined to the hot, close streets and passages of the cities, but is not unknown in the country. Those habituated to the use of alcohol, and the debilitated, are especially predisposed to attacks.

PRECAUTIONS.

Dark, close-fitting clothing and such as compresses the chest and neck should be avoided during the heated term. For those obliged to labor in the sun, light clothing and a straw or light felt hat, permitting free circulation of air, are preferable.

On very hot days, one should drink frequently, but in small quantities. A large amount of ice water, cold beer, soda water, mineral water or other iced drink entering the stomach at one time, is injurious.

Cool water, into which oat meal has been stirred, is a safe and refreshing drink. Water should not be drunk in considerable quantities at a lower temperature than spring water, namely, 56° F. Immediate death is often caused by "ice cold" drinks. The immoderate use of alcoholic beverages is also dangerous.

The sleeping room should be freely ventilated and cool. Constipation of the bowels should be avoided. When overheated, work slowly, frequently cooling the head, chest, and back with cold water. Keep a wet cloth or some green leaves in the hat on the head, frequently wetting them with cold water. When, on a very hot day, the skin becomes

dry and uncomfortably hot, a burning sensation is felt in the head, and the face is flushed and the eyes bloodshot with frequent tendency to urinate, the person should immediately quit work, retire to a cool place and rest in quietness; and if not speedily relieved from sensation of heat, take a cold bath.

SYMPTOMS.

The attack may be very sudden and take the form of delirium in which the patient rushes wildly about and may attack those around him; or he may become weak and sink to the ground as if in a fainting spell or stupor. Loss of consciousness and mental disturbance may be only partial. Nausea or sickness at the stomach often precedes the onset. Convulsions may occur.

Sunstrokes must be carefully distinguished from heat exhaustion, in which the general symptoms are similar to those of sunstroke, but the bodily temperature is below the normal. The difference can be at once recognized by feeling the skin underneath the clothing; in sunstroke the skin feels burning hot; in heat exhaustion it is cold.

TREATMENT.

1. Carry the patient into a cool and shaded place, where there is plenty of pure, fresh air.

2. Strip his clothing to the waist, and place him in a recumbent position.

3. Pour cold water (ice water is best) upon his head and chest until consciousness returns. The points at which the blood may be most effectually cooled are the wrists, the temples, and the ears, because at those points it approaches the surface more nearly in considerable quantities. Ice may be applied to the head and chest and rubbed over the body, but if the skin is cold no ice should be applied. Internally, small doses of brandy may be administered with success; but in all cases of sunstroke the patient should, as soon as possible, be placed in charge of a competent physician.

The patient should do no mental work for some months, and should keep free from all excitement. Persons who have once suffered from sunstroke are liable to a second attack. Insanity, in some of its varied forms, frequently follows sunstroke.

In heat exhaustion give alcoholic stimulants and place the patient in a hot bath, so as to raise the bodily temperature.

Smallpox in the United States as reported to the Supervising Surgeon-General United States Marine-Hospital Service, January 1 to March 11, 1898.

Places.	Date.	Cases.	Deaths.	Remarks.
Alabama:				
Bessemer.....	Jan. 6.....	42	
	Jan. 9-Jan. 26.....	78	
	Jan. 30-Feb. 19.....	23	
Birmingham.....	Jan. 6-Jan. 8.....	11	
	Jan. 9-Jan. 26.....	29	
	Jan. 30-Feb. 19.....	7	
In Jefferson county, outside of the city.....	Feb. 6-Feb. 19.....	26	
Carneys Bluff.....	Feb. 17.....	Smallpox reported.
Corona.....	Mar. 4.....	1	
Dolomite.....	Dec. 1-Jan. 17.....	21	
Gospport.....	Feb. 17.....	Do.